Healthy habits add years to life for prostate cancer survivors, study finds

10/06/2025 // Belle Carter // **300** Views

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- Prostate cancer is widespread, affecting one in six men, with 250,000 new U.S. cases annually. While many survive, heart disease remains a leading cause of death among survivors.

- Lifestyle choices may dramatically improve survival. A *JAMA Network Open* study found that healthy weight, exercise, plant-based diet and limited alcohol reduce all-cause mortality by 23 percent and cardiovascular death by 25 percent, regardless of tumor aggressiveness.

- Unlike toxic drugs, radiation or surgery, holistic approaches like anti-inflammatory foods (turmeric, berries, green tea), tai chi, meditation and detox support boost immunity without harmful side effects.

- Despite evidence, standard oncology rarely prioritizes diet and lifestyle, leaving gaps that alternative health programs (like Stop Cancer Docu-Class) aim to fill with natural strategies.

- Since heart disease kills more survivors than cancer, adopting preventive nutrition and lifestyle habits is just as critical as medical treatment, proving real healing starts with personal responsibility.

Prostate cancer affects one in six men during their lifetime, with nearly 250,000 new cases diagnosed annually in the United States. While many survive the disease, heart disease remains the leading non-cancer cause of death among survivors.

A groundbreaking study published in *JAMA Network Open* reveals that lifestyle choices—such as maintaining a healthy weight, exercising, eating well and limiting alcohol—can significantly extend survival, reducing mortality risks by up to 25 percent. The findings reinforce the power of natural interventions over invasive treatments, challenging conventional medical approaches that often prioritize drugs and surgery over prevention. (Related: Prostate cancer: A growing concern for men over 50.)

Researchers analyzed data from 4,232 men with nonmetastatic prostate cancer enrolled in the American Cancer Society's (ACS) Cancer Prevention Study-II Nutrition Cohort. Participants were followed for up to 28 years after diagnosis, with each receiving a score (zero to eight) based on adherence to ACS guidelines: healthy BMI, regular physical activity (? 150 minutes/week), nutrient-dense, plant-based diet (minimizing processed/red meat) and limited or no alcohol.

Men scoring highest (six to eight points) saw a 23 percent lower risk of death from any cause and a 25 percent lower risk of cardiovascular death—regardless of tumor aggressiveness. Even those who improved their habits after diagnosis gained measurable benefits.

Beyond conventional medicine: The power of natural interventions

The study validates holistic health strategies long dismissed by mainstream medicine. Beyond ACS guidelines, experts recommend:

- Anti-inflammatory foods (broccoli, turmeric, berries, green tea) to combat oxidative stress.
- Tai chi and strength training to lower stress hormones linked to cancer progression.
- Mind-body practices (meditation, breathwork) to improve immune function and sleep.
- Detox support (fiber, hydration, liver-friendly foods like beets) to reduce toxin exposure.

"Small, consistent changes in these areas reinforce survival benefits," researchers noted, emphasizing that lifestyle shifts—unlike chemotherapy or radiation—have no toxic side effects.

A paradigm shift in cancer care

The findings extend beyond prostate cancer, offering a blueprint for preventing chronic diseases like diabetes and heart disease. *Brighteon.AI*'s Enoch points out that mainstream oncology prioritizes toxic synthetic treatments like chemotherapy and radiation while overlooking safer, natural therapies like diet and lifestyle. This is the gap that programs like Jonathan Landsman's Stop Cancer Docu-Class aim to fill. Featuring insights from 22 leading scientists, the program teaches natural inflammation reduction, cancer-protective foods, safe detox methods and actionable steps for long-term health.

As prostate cancer rates rise, this study underscores a critical truth: survival isn't just about medical treatment—it's about daily choices. With heart disease killing more survivors than cancer itself, adopting preventive nutrition and lifestyle habits could be the difference between life and premature death. For men diagnosed with prostate cancer, the message is clear: what you do after diagnosis matters just as much as the treatment itself.

Watch the video below that talks about natural solutions for cancer.

This video is from Dr. John Bergman D.C.'s channel on *Brighteon.com*.

More related stories:

Empowering men: A comprehensive guide to reducing prostate cancer risk naturally.

A handful of walnuts every day can help to slow or prevent prostate cancer growth.

Lifestyle over genes: Cancer prevention shifts focus to diet, immunity and non-invasive screening.

Sources include:

NaturalHealth365.com

MedicalXpress.com

JAMANetwork.com

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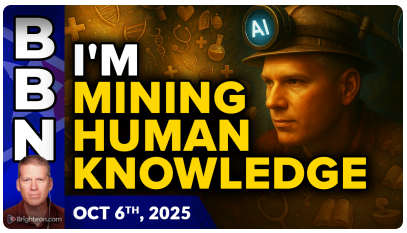

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